

# Healthy Food Drive Toolkit



WASTE NOT OC COALITION



Feed the Need

<http://www.wastenotoc.org/>



# Contents

This toolkit for carrying out a healthy food drive was developed by the Waste Not OC Coalition as a social response to hunger awareness in Orange County, CA. It provides an easy-to-use resource with facts and healthy foods to guide your food drive efforts.

- Hunger in Orange County
  - What is hunger and how does it relate to health?
  - Facts about food insecurity in Orange County
  - Food bank and food rescue organizations that serve Orange County
- Suggested Healthy Food Donations
  - Listing of suggested healthy foods that can be distributed to those participating in your food drive
- For more information on hunger in Orange County please visit [www.wastenotoc.org](http://www.wastenotoc.org)
- The materials in this toolkit were inspired by the following resources:
  - Provena Health: <http://www.provena.org/documents/Publications/Healthy%20Food%20Drive%20Toolkit.pdf>
  - New York City: <http://www.nyc.gov/html/doh/downloads/pdf/public/healthy-food-drive.PDF>
  - North Carolina 4h: <http://www.nc4h.org/uploads/documents/hungry-to-help/files/hungry-to-help.pdf>
  - Partners in Health: <http://www.partnersfdn.org/pdf/PFH.Pads.FINAL.pdf>
  - Cox Health/Missouri Partners in Health: <http://fooddaycelebration.org/wp-content/uploads/2013/06/Smart-Choices-revised-3.pdf>

# What is hunger and how does it relate to health?



- What is hunger?
  - Hunger, also known as food insecurity, is a household-level economic and social condition of limited access to food.
  - Families who have access at all times to enough food for an active, healthy life are considered food secure.
  - Those who experience reduced intake and/or suffer with poor food quality due to insufficient financial resources or access to quality food are considered food insecure.
- Food insecurity and poor health
  - Hunger and food insecurity challenge the well being of children, adults, families and communities.
    - Pregnant women are more likely to give birth to low-birth-weight babies.
    - Children are more likely to have medical and behavioral problems, do poorly in school, require more hospitalizations and are more likely to develop chronic diseases as adults.
    - Among the elderly, food insecurity exacerbates acute chronic diseases and speeds the onset of degenerative diseases, leading to decreased quality and length of life (1).
- Obesity and food insecurity
  - While the problem is still being studied by public health experts, research has shown a direct correlation between food insecure households and obesity.
    - Although the paradox is not completely understood, several causes are being proposed. Some research shows that trade offs are often made between food quantity and food quality; when financial resources are stretched, families buy less expensive, less nutritious foods which are often higher in fat and sugar.
    - Obesity is also proposed as a result of cyclic access to food supplies. When financial resources become available such as the beginning of the month, family members may overeat and binge to compensate for when food was unavailable.
    - Lastly, research has also shown that obesity rates are higher in areas that have lower property values. Low income demographic areas typically have limited access to grocery stores with fresh affordable produce and other nutritional foods.
  - People experiencing food insecurity need healthy foods for their families to help them make ends meet and get through difficult times.
- How can you help?
  - Please consider hosting or participating in a healthy food drive.
- What is a healthy food drive?
  - A healthy food drive is the collection of canned/preserved food with an emphasis on the collection of foods that are reduced in fat, sugar and sodium. Examples of healthy food items include: canned fruit in light syrup, no sugar added applesauce, dried fruits, peanut butter, low sodium soups, granola bars, whole grain cereals, no salt added vegetables, and whole wheat pastas. (Please refer to the “Suggested Health Foods Donation List” for further details.)
  - Emphasis should be on collecting healthy foods which can be prepared in living arrangements with modest kitchen supplies.

<http://www.wastenotoc.org/>

# Food Insecurity: Orange County Statistics



- **Orange County**
  - 12.7% food insecure
  - 379,690 people food insecure
  - Children and seniors make up 50% of food insecurity
  - \$181 million needed to end food insecurity
  - 1 in 5 OC children face food insecurity
- **California**
  - 17.4% food insecure
  - 6.7 million people food insecure
  - \$2.9 billion needed to end food insecurity
  - 1 in 4 Californian children face food insecurity
- **Nationwide**
  - 16.4% food insecure
  - 50.1 million people food insecure
  - \$21.816 billion needed to end food insecurity (0.17% of national debt)
- **What is food waste?**
  - 1.3 billion tons or one third of all food produced in the world is lost in the production cycle or wasted annually
  - America wasted 36.31 million tons of food in 2011

Source: <http://www.epa.gov/smm/foodrecover>

# Orange County Food Banks and Food Rescue Contact Information Sheet



- The following food banks are non-profit organizations that accept, store and distribute food donations to non-profit agencies that provide hunger relief in our county. You may contact either of them to donate food:
  - Orange County Food Bank
    - Donation items may be dropped off Monday-Friday 7:30am-4:30pm
    - Phone: 714-897-6670
    - Address: 11870 Monarch St; Garden Grove, Ca. 92841
    - Website: <http://www.ocfoodbank.org/> (Even has a section on food drives with planning ideas!)
  - Second Harvest Orange County
    - Donation items may be dropped off Monday-Friday from 8:30am-3:30pm
    - Phone: 949-653-2900
    - Address: 8014 Marine Way, Irvine, CA 92618
    - Website: <http://feedoc.org/> (Also has a section specific to food donation with a map to the address above, which can be hard for your GPS to find!): <http://feedoc.org/HowToHelp/DONATEFOOD.aspx>)
- You may also arrange for a pick-up with Food Finders, a community-based food rescue organization that connects food with those in need:
  - Food Finders
    - Contact regarding volunteering, food donations or food drives: Diana Lara (VP Operations) [dlara@foodfinders.org](mailto:dlara@foodfinders.org)
    - Phone: (562) 283-1400
    - Address: 2301 E. 28th St., Suite 303; Signal Hill, CA 90755
    - Website: <http://www.foodfinders.org>

# Suggested Healthy Donations



- **Vegetables**
  - Fresh produce
  - Low sodium or “no salt added” canned vegetables
  - Low-sodium canned tomato products
  - Reduced sodium spaghetti sauce
  - Tomato paste
  - Reduced sodium vegetable soups
- **Fruits**
  - Fresh produce
  - Canned fruits in light syrups or in own juices
  - No sugar added applesauce
  - Dried fruits, raisins
  - Fruit cups (100% fruit)
  - Low sugar fruit spreads
- **Grains, Cereal, Rice and Pasta**
  - Brown or wild rice
  - Whole wheat/bran cereal (>5 grams of fiber per serving)
  - Reduced fat, whole grain crackers (>2 grams of fiber per serving)
  - Plain oatmeal
  - Granola bars/shredded wheat (>2 grams of fiber per serving)
  - Hot cereal mixes – cream of wheat, cream of rice, plain or low-sugar oatmeal
  - Whole wheat pasta
  - Egg noodles
  - Corn or whole wheat tortillas, trans-fat free
- **Dairy**
  - Powdered milk
  - Shelf-stable milk, soy or almond milk (in a box)
  - Fat free pudding
- **Poultry, Fish, Beans and Nuts**
  - Packaged, shelf stable, chicken or turkey
  - Canned salmon or low-sodium tuna in water
  - Canned (low sodium) or dried beans
  - Low sodium broth or bean soups
  - Low fat, low sodium cream soups
  - Unsalted nuts
  - Reduced sodium peanut butter
- **Fats and Oils**
  - Coconut, almond or olive oil
  - Low-sodium, low-fat salad dressing
  - Popcorn – lower sodium, low-fat
- **Spices/Other**
  - Basil
  - Cinnamon
  - Chili powder
  - Cloves
  - Dill weed/seed
  - Garlic
  - Ginger
  - Marjoram
  - Nutmeg
  - Onion
  - Oregano
  - Parsley
  - Rosemary
  - Sage
  - Thyme

## **Please limit donations of:**

x Sugary drinks (soda, fruit-flavored drinks, energy/sports drinks, sweetened teas)

x Candy

x Unhealthy snacks (chips, cookies, and other food high in fat, sodium, sugar, calories)

**Please do not donate:** rusty or unlabeled cans, food in glass jars, homemade items, noncommercial canned or packaged items, open or used items and alcoholic beverages.

<http://www.wastenotoc.org/>